

**SJSU softball starts slow, takes final three to snag consolation championship at tourney**

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**What's healthy and what isn't on the scales: fitness columnist weighs in against body fat**

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**Monday**

# SPARTAN DAILY

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Serving San Jose State University Since 1934

March 16, 1998

## Last 'Jeopardy!' hopeful eliminated

By John Meyer  
Staff Writer

All chances of having a San Jose State University student on "Jeopardy! College Championship" were destroyed when Eric Larson, SJSU's lone hope, was eliminated.

Larson, a computer science major, was the only SJSU student to advance to the second round of screening on Feb. 28. Larson passed a 50-question test and then played a mock "Jeopardy!" game. The 39-year-old returning student was one of 24 SJSU students

selected to the second round when "Jeopardy!" representatives visited the campus on Feb. 11.

"I made it past the second round on my own merits," Larson said. "After that, it's up to them to see how well I look on the tube."

Laine Suttan, from "Jeopardy!" promotions, said Larson was eliminated because of limited contestant space. Only 15 spots were available nationally.

She said 29 Bay Area students competed for three spots that were allocated to five local schools — SJSU, Santa Clara University, Stanford University, University of California, Berkeley, and

the University of San Francisco.

"From our standpoint, it becomes a numbers game," Suttan said. "You could do everything right, but it comes down to three slots."

Suttan said the "Jeopardy!" producers and contestant coordinators made the final selections after reviewing the videotapes of the student auditions.

Larson said he was never informed by "Jeopardy!" representatives that he wasn't selected. However, he figured he didn't qualify after he saw a UC Berkeley student who was picked on the Channel 7 news Tuesday, and the show never contacted him that day.

The UC Berkeley student was one of the three Bay Area students who made the final cut. The other two are from Stanford and SCU, Suttan said.

Gary Fiset, who was promoting the "Jeopardy!" Bay Area auditions for Promotions Marketing, said he thinks Larson has a good shot at the regular version of the gameshow because there is less competition in qualifying for it.

Suttan said there are 400 slots each season for the regular "Jeopardy!" compared with the 15 slots open for the college version.

Larson said he plans on trying out for regular "Jeopardy!"

"(Not qualifying) gives me more of an incentive to try for the main game," Larson said. "If I didn't have so many things to do over spring break, I would go down to L.A. and try out."

Larson said the college auditions helped prepare him for the regular version.

"I know what to expect," Larson said. "I know I can pass the college test since the tests are almost identical."

The "Jeopardy!" College Championship will be taped at the Zellerbach Auditorium at UC Berkeley on March 21 and 22 and will air nationally May 4 through 15.

### Little bit of this ...



Daniel Frohlich/ Spartan Daily

**Sigma Chi Fraternity President Ken Anderson** deals with the embarrassment while members of the sororities dump flour, pasta sauce, cheese and pepperoni on him during the Presidents Pizza Relay Race at the Annual 1998 Derby Day Olympic Games.

## 'Women Unplugged' laugh through issues

By Ed Oberweiser  
Staff Writer

A four-woman comedy troupe humorously illustrated some women's issues during its "Women Unplugged" performance Wednesday night.

The performance was part of the "Women in the Next Millennium" week's activities.

"I think life is hysterical, so I like to show people they should laugh," said Linda Carey, one of the performers.

Carey is a San Jose State University alumna who graduated in 1982 with a bachelor's degree in liberal arts.

Each of the women created a comedy routine from a different area of feminine life.

Carey used humor to portray the typical, overworked single mother for her part of the act. She told the audience about the cat lady in her apartment who takes better care of Carey's cat

than she does.

"I told my cat to move in with her because I'm tired of hearing her complaints," Carey said.

Next up was Valerie Ryan. She used her 15 years of experience as a nurse to comically portray the abuse and disrespect shown by doctors in hospitals toward the nurses.

"Do we have a doctor in the house?" Ryan asked the audience. "Good, now we can talk about them."

She told the audience she was an RN, which stood for registered neurotic, and she was the one to be nice to because she had the keys to the drug closet.

Brenda Davis gave the audience an African-American woman's take on society and said she was disappointed the venue had been changed at the last minute from the Loma Prieta Ballroom to the University Room next to the Student Life Center.

Davis said she had been pre-

pared to dress up when she heard the act would take place in a ballroom.

"They invented these to make black women stop thinking about racism," Davis told the audience, holding up a tiny pair of red, high-heeled woman's shoes.

"We need to ship black women with an attitude around the world," Davis said. "They'll solve the world's problems because they won't put up with them."

Jaqi Bowe, the troupe's leader, used her experiences trying to get work as an actress in Hollywood to poke fun at the large breasted woman stereotype she said all the talent scouts and agents are looking for.

"I told my agent that I had a health conscious, saltwater implant, and my bosom was at low tide at the moment," Bowe told the audience.

## Domestic violence addressed

By Margaret Bethel  
Staff Writer

Amalia Alvarez said she's ready to get going and help women of domestic violence, after attending Thursday's Women's Week panel discussion "When the going gets tough, the tough ..."

"I'm so much more aware now," the San Jose State University senior said. "I really feel like doing something."

The discussion focused on violence against women and the consequences, as part of SJSU's 26th annual Women's Week festivities.

Panelists included Rolanda Pierre-Dixon, of the Santa Clara County District Attorney's office;

Janet Johnston, SJSU administration of justice professor; and Jackye McClure, head of the Rape Crisis Center at YWCA and an SJSU administration of justice instructor.

Violence against women comes in many forms, but according to McClure, the least discriminating are sexual assaults, as victims in Santa Clara County range from 6 months to 94 years old.

"This is a crime that strikes all age ranges, all socio-economic backgrounds and all neighborhoods," she said.

According to McClure, domestic violence is not just a one person problem and there is no simple immediate solution.

"There are so many phenom-

nal problems ... and there really needs to be more activity that's going to persist in curbing the tide of violence," she said.

More programs that teach parenting, coping and job skills were among McClure's ideas of activities that would help women to be independent. She also said that only one second-step housing facility in Santa Clara is not enough.

Second-step housing is the long-term version of a shelter, where women and their children can stay for a few years, if necessary.

Children are often the motivation for women to leave an abusive home, Johnston said.

According to Pierre-Dixon,

See Panel, page 8

## 'Rock the vote': Associated Students election this week

By Susan Shaw  
Staff Writer

Full election preview  
on pages 4 & 5

Students heading to the polls to cast their votes in this week's Associated Students election Wednesday and Thursday take heed: voting times printed on the front of the Voter Information Guide are incorrect, according to Associated Students Election Coordinator Andrei Ingalla.

Polls open at 9 a.m. on Wednesday and Thursday and close at 8 p.m. at the Student Union and Clark Library on both days.

The polls close earlier, at 2 p.m., at MacQuarrie Hall, which is the math and science building in front of the Seventh Street Garage.

In order to vote, students must bring their San Jose State University pink enrollment/transit card with a yellow Spring 1998 enrollment sticker to one of the polling stations.

The voting forms are similar to Scantrons used for exams on campus, according to Ingalla. This allows elec-

tion officials to scan the results into a computer for tabulation.

Election results will be posted and available by midnight on March 19, Ingalla said.

Election officials are hopeful the large number of candidates and new attempts to educate students will have an impact on voter turnout.

Turnout for last year's election was 7 percent of the student population, about 1,800 people.

Among the changes this year. For the first time Voter Information Guides were mailed to every enrolled student. In past years, the guides were only available on campus, and students who wanted to learn more about candidates had to look for the guides, said Chief Elections Officer Alicia Restivo.

Also new this year are absentee ballots so students can vote even if they will be out of town during the election.

Restivo was worried the changes wouldn't have an impact.

"I don't think the average student knows the Associated Students exists," she said.

Ingalla remains hopeful, particularly since there are more candidates.

"Compared with past years when students had very few choices and a lot of people running unopposed, this year we have nearly 50 people running," he said. "It could mean that more people will come out and vote because they'll feel like their vote will make a difference."

Alfonso DeAlba, executive director of Associated Students, speculated the reason for the large number of candidates is there are a lot of campus activities in which the student government is involved.

"In the last year, we've had resolutions on CETI and the library, and we're moving forward on the new childcare center," he said. "A lot more students run when the organization has a good image and high visibility than when it doesn't."



Grayson West/ Spartan Daily

Students pass by election signs for various Associated Student candidates last week. The A.S. elections will be held on Wednesday and Thursday.



## Representation: wealthy interests rule government



Ed Oberweiser  
REALITY BYTES

We have a serious problem. We have the best government money can buy and that's our problem. Wealthy individuals and interests buy influence in the government to the detriment of everyone else.

It starts with the cost of running for election. According to the Federal Elections Commission, the average cost of a winning House of Representatives campaign in 1994 was \$543,126. The average cost of winning a Senate seat in 1994 was \$4.6 million.

In 1972, Supreme Court Justice Warren Burger said office seekers who aren't rich and have no rich backers are shut out of the election process no matter how qualified or strongly supported they are. Most of us don't have the money to finance campaigns and gain government influence. Wealthy people and business organizations do.

The 1994 election statistics showed large individual contributions are a larger percentage of most winning candidates' campaign finances than political action committee donations.

PACs are a close second. House Democrats got 51 percent of their campaign contributions from PACs. Two out of three dollars given by PACs in 1994 came from business interests. The candidate raising the most money usually wins.

Victorious members of Congress know which side their bread is buttered on. If they don't please their supporters, the money won't be around next election cycle. This translates into tax breaks, subsidies and lax regulation of business.

One of the results of lax regulation of business is illustrated by a 1992 American Journal of Public Health report which said 50,000 to 70,000 workers in the United States die each year from chronic occupational diseases due to past toxic exposures. The same report showed an estimated 350,000 new cases of illness occur annually due to toxic exposures on the job.

Our representation is weakened another way. If a member of Congress has an important committee chairmanship, money will flow into the campaign from out of state.

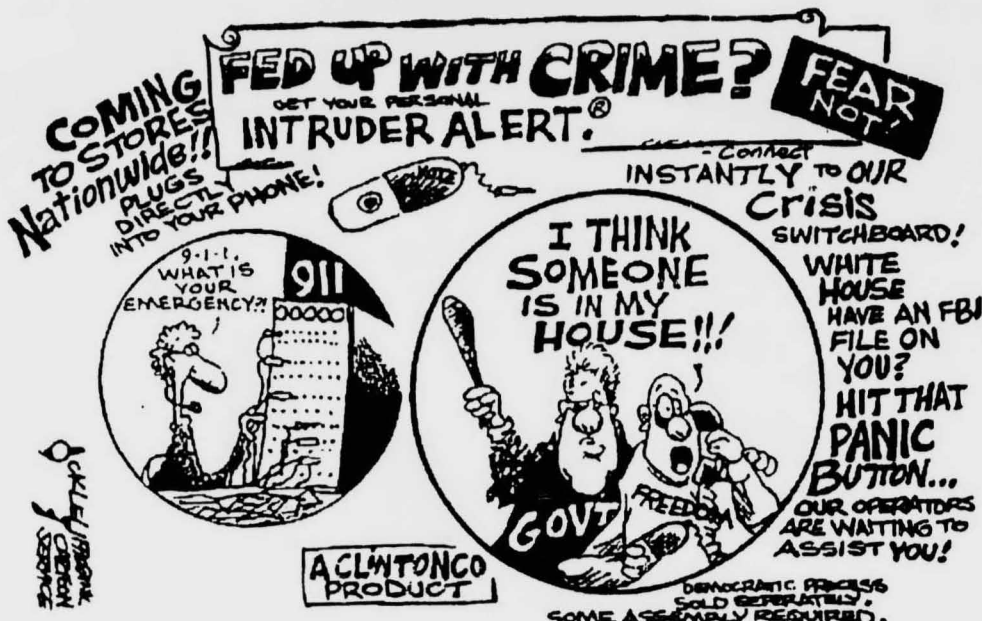
Between 1985 and 1990, Senate Committee chairmen Packwood, Hatch, Leahy and Biden got more than 85 percent of their campaign funds from out of state.

When they dealt with conflicts between the wishes of their constituents and the generous out-of-state contributors, guess who lost?

Privately funding public campaigns reduces public officials to raising (begging for) campaign money when they should be doing their job.

We need public funding of political campaigns for our health and our democracy — one voter one vote, not one dollar one vote.

Ed Oberweiser is a Spartan Daily senior staff writer.



## Hair doesn't necessarily make the man

A week ago, TV Guide ran a picture of actor Patrick Stewart — Capt. Jean-Luc Picard of the Starship Enterprise — on the cover, in all his bald glory.

That's right. Bald glory. Bald men like Stewart are sexy, and I don't care what the Hair Club For Men says.

I know, I know, most bald men think they're less attractive to women with their hairless pates. They think they are somehow less than their hairy counterparts, but I'm here to set the record straight.

You follicle-challenged guys out there are walking turn-ons for plenty of the fairer sex, even if you don't believe it yet. Let me help you.

According to a survey conducted by the Hair Today website, five out of six women said they are attracted to bald or balding men for a variety of reasons.

One woman said that men with thinning hair, receding hairlines or baldness would attract her first in a room full of males.

It's not just that the shiny domes stand out. There's something about a bald man that says: "Look, I'm not like the others. Come on over and check me out."

It's the self-confidence of a male who is at one with his baldness that gets to me.

Another woman in the survey said she believes that hair loss reveals the true inner man. She's so right.

If I'm not focused on a man's looks, I can focus on what's important: what his eyes reveal, what his words mean and what his smile promises.

When men go bald, their true characters and personalities often come out because they've got nothing left to hide.

It's already exposed, so to speak.

When there isn't any hair to look at on a man's head, my eyes immediately drop to his, searching



Lois Jenkins  
OH, REALLY?

for who's in there.

What's in any man's soul is far more important to me than how much hair he's got on top.

If a guy isn't worried about how his hair is looking every five seconds, he can concentrate on what's really important: his lady of the hour and whether or not they'll make a connection.

What a woman ultimately looks for in a man is how he's going to treat her, even if the guy's drop dead gorgeous.

For you guys who don't yet have a clue, if a woman knows she has the complete, undivided attention of a man, that's the biggest turn-on you can provide, and it's got nothing to do with hair.

Does the term "putty in my hands" ring any bells?

There's also something vulnerable about bald men, something that makes women want to protect them from the unfair, but expected, slights of the world.

But it's not a mothering instinct. It's something about men being male, yet gentle, that turns a woman into Jell-O.

Never underestimate the sexual power of the underdog.

In my experience, men who are bald tend to have sweeter dispositions than other men. I am captivated by a man's attitude, good or bad, although I avoid the bad ones for my own good health.

Bald men radiate passion and masculinity through the sense of strength, confidence and intelligence they project. I like well-seasoned maturity in a guy (gee, who wouldn't?).

There's an old legend I love that says baldness in men is a result of their brilliance, and their overwhelming, fiery passion burns out the roots of their hair.

Keep burning, guys.

Lois Jenkins is the Spartan Daily opinion editor. Her column appears every Monday.

## Redefining 'geek': Webster's attempt is not necessary

Computer geeks now may be considered sheik. Get a life.

A recent article in the San Jose Mercury News stated that a group of lexicographers have been debating whether an added definition to the word "geek" should be implemented in the Webster's New World Dictionary.

The added definition would possibly state "a technologically savvy person highly adept at working with computers."

This would be a travesty to the English language and an insult to the thousands of geeks who fit the more general requirements of the word.

The original version of geek states "a performer of grotesque or depraved acts." A second definition was later added to read "any person considered to be different from others in a bizarre way."

This is a nice, generic way to generalize a diverse group of people that are unusual in a nerd-like fashion.

They come in many shapes and sizes, each with a special quality that makes them geeks.

Granted, society today revolves around the ever-expanding computer world. Society also recognizes the term computer geek as someone whose life revolves around computers. There is a stereotype of thick glasses, shabby dress and the inability to function socially.

Granted, most of the computer whizzes are geeks. But what makes them so special? What sets computer geeks apart from other geeks. What about the clothes geeks (people who can't color coordinate if their lives depended on it). What about the mama's boy geek? How about the sports geek?

If there is an added definition for computer geek, why not an added one for clothing geek?

It would read something like this: individuals who still think it is cool to wear Wrangler jeans.

My personal favorite is the Seinfeld geek. You know the type: a single, middle-aged man who wears jeans, a nice collar shirt with a nice black or brown dress belt and a pair of expensive, white tennis shoes (often with a stripe or insignia of some color).

Guys, clue in. When you wear a brown belt, wear brown shoes. When you wear a black belt, wear black shoes. When you wear athletic shoes, go play sports.

The fact is, we all know who the real geeks are, and I doubt they want to share the limelight with their brother computer geeks.

The last thing we need is a multitude of definitions of geek to fit each geek-specific group.

There are too many different groups of geeks, so let's just leave the real geeks of the nation alone.

Mark Gomez is a Spartan Daily staff writer.

## Careless driving causes lasting devastation, irretrievable losses

It's like a joke from our childhood. We beat our hands on our chest to simulate the sounds of a movie projector from school, while we announce, "Three men died in an accident that could have been prevented."

The scene is, of course, from the "Red Asphalt" movie shown to us as soon-to-be-driving adolescents.

The highway safety movie, which debuted in the 1960s, has grown up and metamorphosed through three decades. "Red Asphalt 1998" takes a fresh look at a still-serious problem.

In a world where we are barraged by "reality" shows as entertainment, such as "Cops," "Real Stories from the Highway Patrol" and any number of the real video shows from Fox, the message needs to be conveyed: It really is a matter of life and death out on our highways.

Television has desensitized us with all of the violence and it fails to show the real people left to pick up the pieces after tragedies.

The 1998 version of "Asphalt" shows relatives of accident victims to pound home the harsh reality of broken bones and lives that come with automobile accidents.

It was easy to laugh at the "helicopter-sounding" movie projector of high school, but it takes much more coldness and callousness to laugh at someone who has just lost their husband, child or friend in a mangled car.

We realize that a movie isn't going to change people's driving habits. But statistics like 41,907 deaths and more than 3 million injuries in 1996 traffic

accidents should make us see the consequences of our actions.

It just takes a second to end, or drastically alter, someone's life.

Intermixed with the beauty of our own Bay Area are several deadly highways. Highway 17 through the Santa Cruz Mountains, Highway 1 at Devil's Slide, Highway 37 from Novato to Vallejo — known as "Blood Alley" for years — and Highway 4 heading to Stockton are notorious for their high fatality and accident totals.

Yesterday, a 7-year-old boy died on Highway 4 because someone who wasn't paying attention swerved into on-coming traffic, causing a three-car accident. The car the boy was a passenger in was not responsible for

causing the accident. One moment of inattention ended the life of a child and will forever alter the lives of those involved.

There are real costs and real stakes out there on our highways. It isn't like playing a video game where, if we don't like the outcome, we can drop another quarter in to play again.

Tragedy never seems real until it slaps us in the face. The mentality of "it can't happen to me" never dawns on us until we get the phone call at 3 a.m. asking us to identify the body of our loved one.

A car offers tremendous freedom and convenience, but remember: Every time you get behind the wheel of your car, you are powering up an instrument capable of terrible destruction. Please be careful — for yourself and our loved ones.

## EDITORIAL

## SPARTAN DAILY

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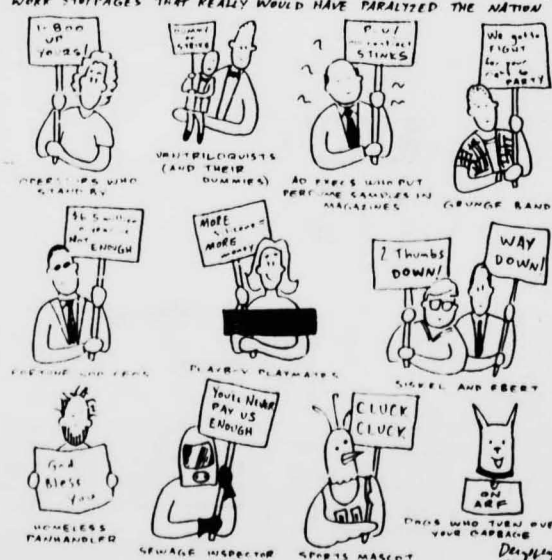
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## P. S. Mueller



## OTHER AVERTED LABOR STRIKES

WORK STOPPAGES THAT REALLY WOULD HAVE PARALYZED THE NATION





## Sparta Guide

### Today

#### ARAB STUDENT CLUB

General meeting at 2 p.m. in the Student Union's Almaden Room. For more information, call Gloria or Marina at (408) 859-9375.

#### BEETHOVEN CENTER

Sale of music books, scores and LP recordings from 1 - 5 p.m. in the Beethoven Center in Wahlquist Library North, Room 318. For more information, call Patricia Elliott at (408) 924-4590.

#### CATHOLIC CAMPUS MINISTRY

Daily Mass from 12:05 - 12:30 p.m. at the John XXIII Center, across from SJSU Theatre. For more information, call Ginny at (408) 938-1610.

#### CHICANO COMMENCEMENT

We're looking for traditional dress from Latin America. If you know someone who has access to costumes, please call Rafael at (408) 286-6835 or Martha at (408) 390-1118.

#### CHICANO COMMENCEMENT

Meeting at 7 p.m. in the Chicano Resource Center. For more information, call Xochitl at (408) 295-4318.

#### CHURCH OF SCIENTOLOGY

Free film: "The Dynamics of Life" at 7:30 p.m. at 410 Cambridge Ave., Suite C, Palo Alto. For more information, call Joe Feshback at (650) 853-0602.

#### NURSES CHRISTIAN FELLOWSHIP

"Caring for Physical Needs" Bible study at 11 a.m. in the Student Union's Montalvo Room. For more information, call Diane Stegmeier at (408) 279-6385.

#### PUBLIC RELATIONS STUDENT SOCIETY OF AMERICA

Interview and resume writing seminar with Marsha Keefer of Brough Communications at 6 p.m. in Dwight Bentel Hall, Room 225. For more information, call Bruce Roseman at (408) 462-9507 or (408) 430-0100.

#### SCHOOL OF ART AND DESIGN

Student Galleries' Art Shows from 10 a.m. - 4 p.m. in the Art Building/Industrial Studies. For more information, call Brendan at (408) 924-4330.

#### SJSU CYCLING TEAM

Meeting at 6:30 p.m. in the Student Union's Montalvo Room. For more information, call Dustin at (408) 243-0952.

#### SOCIOLGY CLUB

Criminology Career Seminar from 2:30 - 4 p.m. in Dudley Moorhead Hall, Room 150. Four SJSU grads will talk about their experiences in adult and youth pro-

bation, private investigation and police work. For more information, call Will Wells at (408) 924-5323.

### Tuesday

#### AFRICAN STUDENT UNION

Weekly meeting at 8 p.m. in the Africana Research Center in Wahlquist Library North, Room 122. For more information, call Sunday Udoffia at (408) 370-9406.

#### BEETHOVEN CENTER

Sale of music books, scores and LP recordings from 1 - 5 p.m. in the Beethoven Center in Wahlquist Library North, Room 318. For more information, call Patricia Elliott at (408) 924-4590.

#### CAREER CENTER

Tandem Day — Employer Presentation from 10 a.m. - 4 p.m. in the Student Union's Umunhum Room. For more information, call the Career Resource Center at (408) 924-6034.

#### CATHOLIC CAMPUS MINISTRY

Daily Mass from 12:05 - 12:30 p.m. at the John XXIII Center, across from SJSU Theatre. For more information, call Ginny at (408) 938-1610.

#### CHURCH OF SCIENTOLOGY

Free film: "Orientation" at 7:30 p.m. at 80 E. Rosemary St. For more information, call Ilene at (408) 441-6661.

#### LIBRARY DONATIONS & SALES UNIT

Ongoing book sale from 10 a.m. - 3 p.m. at the Donations & Sales Unit in Wahlquist Library North, Room 408 and the Clark Library lobby. Donations welcome. For more information, call the Acquisitions Department at (408) 924-2705.

#### NURSES CHRISTIAN FELLOWSHIP

"Caring for Physical Needs" Bible study at 2 p.m. in the Student Union's Montalvo Room. For more information, call Diane Stegmeier at (408) 279-6385.

#### NUTRITION & FOOD SCIENCES

Percent body fat testing with bioelectrical impedance from 12 - 2 p.m. in the Central Classroom Building, Room 103. St. Patrick's 2 for 1 special. For more information, call Jill Christensen at (408) 924-3110.

#### SCHOOL OF ART AND DESIGN

Student Galleries' Art Shows from 10 a.m. - 4 p.m. in the Art Building/Industrial Studies. For more information, call Brendan at (408) 924-4330. **Tuesday Nite Lecture Series:** Bernadette Cotter, performance of "Dear Altar" from 5 - 6 p.m. in the Art Building's Thompson Gallery. For more information, call Andy at (408) 924-4328. **Student Galleries' Art Receptions** from 6 - 8 p.m. in the Art

Building/Industrial Studies. For more information, call Brendan at (408) 924-4330.

### Wednesday

#### ALPHA PHI ALPHA FRATERNITY

Alpha Night Entertainment Extravaganza — Comedy Show at 8 p.m. in the Student Union Ballroom. For more information, call Demetrius Williams at (408) 309-2043.

#### A. S. ELECTION BOARD

Student elections from 9 a.m. - 8 p.m. at the following polling locations:  
• MacCarrie Hall (9 a.m. - 2 p.m.)  
• Clark Library (9 a.m. - 8 p.m.)  
• Student Union (9 a.m. - 8 p.m.)  
For more information, call Alicia Restivo at (408) 924-5955.

#### ASIAN AMERICAN

##### CHRISTIAN FELLOWSHIP

Potluck, everyone welcome at 7:30 p.m. in the Student Union's Almaden Room. For more information, call David at (408) 265-7442.

#### CAREER CENTER

Co-op Workshop at 12:30 p.m. in the Student Union's Almaden Room. For more information, call the Career Resource Center at (408) 924-6034.

#### CATHOLIC CAMPUS MINISTRY

Daily Mass from 12:05 - 12:30 p.m. at the John XXIII Center, across from SJSU Theatre. For more information, call Ginny at (408) 938-1610.

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Free film: "Evolution of a Science" at 7:30 p.m. at 410 Cambridge Ave., Suite C, Palo Alto. For more information, call Joe Feshback at (650) 853-0602.

#### NUTRITION & FOOD SCIENCES

Percent body fat testing with bioelectrical impedance from 1 - 3 p.m. in the Central Classroom Building, Room 103. For more information, call Jill Christensen at (408) 924-3110.

#### RE-ENTRY ADVISORY PROGRAM

Brown Bag Lunch Program: "Womens' Health Issues" presented by Laura McGregor from 12 - 1:30 p.m. in the Student Union's Pacheco Room. For more information, call Susan Clair at (408) 924-5962.

#### SCHOOL OF ART AND DESIGN

Student Galleries' Art Shows from 10 a.m. - 4 p.m. in the Art Building/Industrial Studies. For more information, call Brendan at (408) 924-4330.

*Sparta Guide is provided free of charge to students, faculty and staff. The deadline for entries is noon, three days before desired publication date. Entry forms are available in the Spartan Daily Office. Space restrictions may require editing of submissions.*

## LETTERS TO THE EDITOR

## Computer knowledge is only a class away

This letter is in response to Terri K. Milner's "Lost on the Information Superhighway," published on March 11.

How Milner can compare a computer to a thermos is beyond me.

A computer is a production tool, not a replacement for human ability. You are not to rely on the spell check function for grammar, but rather on your abilities learned in any English 101 class.

The computer's function is not to create work, rather it is supposed to help you create it.

Milner is making the com-

puter out to be some sort of Messiah.

At best, the computer is a slave waiting for input from the user. This means you get out what you put in.

Finding out how to use a computer and learning its terminology is only a class away.

I marvel at how people will take time out of their schedules to take driver's education, driver's training and a driver's test in order to operate an automobile.

However, the same people will not take the time to take a class on basic computer and

Internet knowledge.

A computer class can easily be completed in a couple of weeks at any junior college.

It is also a class that, to many, is the beginning of replacing the automobile.

Instead of driving to work, I know many people who "log on" and work from home.

Putting along in the slow lane, as Milner put it, has more to do with human choice than with technology growing out of control.

Albert Salcedo  
art

## 'Super auxiliary' bad for students, workers

This past week, 44 University Housing Services employees signed a petition urging President Caret to reject a proposed campus auxiliary merger.

Plans to merge separate auxiliaries such as University Housing Services, Student Health, Duplicating, Student Union, Parking and Spartan Shops into a type of corporate "Super Auxiliary" will be presented April 2.

Housing employees have attended several meetings with administrators and consultants since last summer on the merger.

According to some merger proponents, the "Super Auxiliary" would generate additional revenue and result in cost-saving actions.

At a Dec. 5 meeting, Don Kassing, vice president of administration, was unable to

answer some basic employee concerns regarding job security, increased privatization, union representation and the potential consequences of Housing Services becoming a subsidiary of the biggest retail monopoly on campus (Spartan Shops).

A member of the audience also pointed to the constitutionality of the question of changing the status of current state employees.

In a unified show of opposition, housing resident directors, custodians, groundworkers, building maintenance workers and mechanics, administrative and financial operations staff and several supervisors at University Housing Services have signed the anti-merger petition.

Housing employees not only fear a deterioration of working conditions and benefits under a

merger, but see increased privatization leading to higher housing costs and inferior services for students.

Managed as a program of the Division of Student Affairs, University Housing Services has kept student housing fees lower than most urban campuses.

It is therefore in the best interest of University employees and students to unite against "mergermania" trends and all "privatization" schemes that seem to only enrich a small group of corporate university CEOs at the expense of us all.

James Watts  
custodian  
University Housing Services  
CSEA Unit 5 Representative

## Roundup

### Tiger in benefit tour

COLUMBIA, S.C. (AP) — Tiger Woods will join Hootie and the Blowfish and football stars Dan Marino and Brett Favre at the fourth annual Monday After the Masters Pro-Am Golf Tournament, a benefit for youth golf programs.

The celebrity golf event scheduled for April 13 at the University Club in Blythwood follows the final round of the Masters tournament in Augusta, Ga.

Woods committed last year, when he won the Masters, but later withdrew.

Others slated to take part include pro golfers Peter Jacobsen, David Duval, Ernie Els and Gary McCord.

## Camacho fails test

ORLANDO, Fla. (AP) — Prizefighter Hector "Macho" Camacho was charged with drunken driving after failing a roadside sobriety test.

He smelled heavily of alcohol, had slurred speech and couldn't walk a straight line, police said.

The former WBC featherweight and lightweight champion was stopped in his car after he

was spotted at about 2:30 a.m. Saturday weaving erratically without his headlights on.

"Mr. Camacho had a very difficult time following instructions. I had to repeat myself several times," Orange County sheriff's Deputy Gerald Preston said in an affidavit.

Camacho, 35, who allegedly admitted he had been drinking, was freed on \$500 bail.

After failing to properly complete a breath test, Camacho refused a urine test, Preston said.

Refusing to take a blood alcohol test prompts an automatic driver's license suspension.

## Trouble in paradise

SALT LAKE CITY (AP) — "Touched by an Angel" star Roma Downey is getting a divorce from film director David Anspaugh after 2 1/2 years of marriage.

Divorce papers filed here have been sealed, and the Irish-born actress is withholding all details.

Downey, 34, and Anspaugh, 50, were married in Utah in a ceremony conducted by "Touched by an Angel" co-star and part-time minister Della Reese.

They have a 1-year-old daughter, Reilly Marie, and Anspaugh has a daughter from a previous marriage.

On the show, which is taped in Utah, Downey plays Monica, an angel who helps people in crisis.

The former couple bought a Salt Lake area home in 1996, and Anspaugh, the director of "Hoosiers" and "Rudy," commuted from Los Angeles to Utah on weekends.

## Top 10 changes at NASA for John Glenn's return to space in shuttle:

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9. Shuttle's thermostat set at 80 degrees.
8. Shuffleboard installed in cargo bay.
7. "Early Bird" specials from Carrows included on menu.
6. One monitor specifically designated for "Matlock."
5. Little bowls of ribbon candy scattered randomly about the ship.
4. Top speed of shuttle set at 25 miles per hour on the intergalactic freeway.
3. Installed a new bifocal windshield.
2. Space pants now go up to armpits.
1. Left blinker left on for entire mission.

Anonymous

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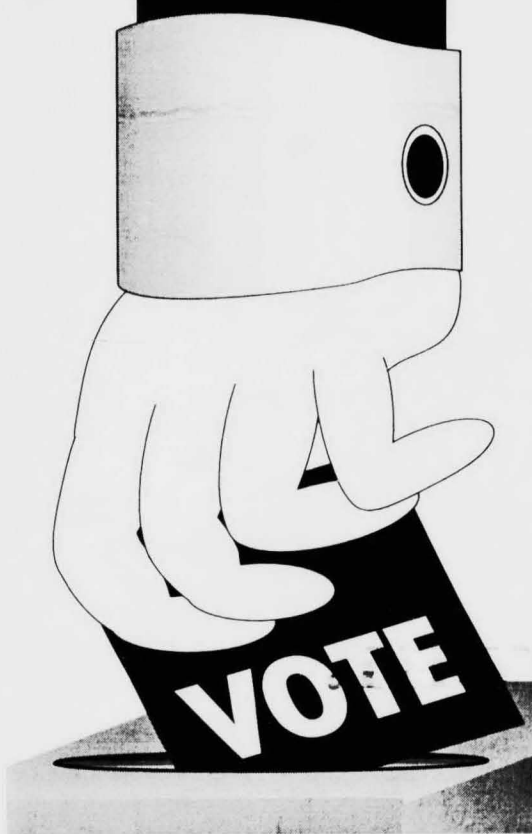
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## The race is on...

With more students running for office this year than in the previous six, the Daily sorts out the platforms, the measures and the candidates



## A.S. presidential candidates:

Even though the candidates for the Associated Student President come from many walks of life, they have one goal in common — increasing communication. The president is the chief executive officer of the A.S. and is its official representative. Another responsibility is carrying out the execution of all legislation, which includes the coordination of the A.S. committees. Finally, the president is responsible for submitting the budget and filling vacancies and appointments with the approval of the A.S. Board of Directors. And the presidential candidates are...



**Marc Madden**  
Diverse Student Affiliates

**M**arc Madden, co-founder of the "Learn CPR" and "First Aid" components of the Peer Health Education Program, wants to ensure everyone is informed and taken into account when deciding on issues. He wants to hold the administration accountable for its actions when dealing with money, support UPD in acquiring a support staff and keep minds open to student needs.

"My whole agenda is to stand together," Madden said. "This campus is inherently diverse. We need to reach out to the campus and look to A.S. members for help, guidance and support."

Diversity is one of the reasons why Madden is against controversial issues such as the joint library proposal and the California Education Technology Initiative.

The joint library is a plan between San Jose State University and the City of San Jose that would combine San Jose's Martin Luther King Jr. Main Library with SJSU's Wahlquist and Clark libraries.

CETI is a \$2.8 billion project funded by Microsoft, GTE, Fujitsu and Hughes that would link the 24 CSU campuses together in a single network.

"If it (joint library) slows down and hinders the students it is not a good idea. It's a lemon," Madden said.

"The problem with CETI is this institution is not here to standardize thought," he said. "This university is an asset to you as an individual and person."



**Chris Constantin**  
SJSU Party

**T**wenty-one-year-old electrical engineering major Chris Constantin wants to eliminate special fees charged by the university, which appear on a student's billing statement. He also wants to double the existing \$500,000 Associated Students Scholarship Endowment Fund, extend the hours of admissions, cashiering and counseling and create a computer recruitment center.

The Endowment Fund is a scholarship that rewards students who take an active part in the community.

Constantin — a three-year veteran of the A.S. — will pursue lowering bookstore prices. He understands the need for the bookstore to be competitive but is concerned about student needs.

"You should not have a student go out and find the cheapest prices for books," Constantin said. "They should go here."

The recruitment center is a way to help students find top jobs, according to Constantin.

By developing relations with corporations by surveying them about what they desire in applicants, Constantin wants to develop a set profile for students to fill out. With information on experience and skills, the employers can then call the students they want. "This provides jobs faster," Constantin said. "Companies love this idea."

Constantin sees the joint library and CETI as having potential, but wants to see more student input on the issues before he gives support to either.



**Heather Cook**  
Blue & Gold Party

**W**ith experience that includes being the A.S. Director of Academic Affairs and vice president of Spartan Shops Inc., Blue & Gold candidate Heather Cook is prepared to deal with problems by receiving student input and establishing a good rapport with the administration.

"That's what Associated Students should do," Cook said. "We should get the voice of the students."

"I've developed a great rapport with the administration. That is so important as a president. We are going to listen to each other and compromise," Cook said. With a platform of improving technology, campus safety, services and student accessibility, Cook sees communication as the key.

"Things can always be improved," Cook said. "My motivation for running for president is to lead the A.S. to its highest potential."

While Cook sees positive aspects of CETI and the joint library, she doesn't want to back them without more student voice being heard first.

Cook wants to improve safety by increasing officer visibility and availability while committing to provide funding for hiring more escort officers.

"There have been a lot of safety problems. I have felt unsafe," Cook said.

She also wants to empower the board to help better interact with the students by holding monthly town hall meetings.



**Clifton Cunningham**  
Independent

**T**wenty-four-year-old Clifton Cunningham, an aviation major, has a goal: He wants to be the ambassador of student will if elected.

"I think students at SJSU have specific goals," he said. "And I think the school has watered them down with superfluous things."

Cunningham is resolute in his belief that San Jose State University is not doing all that it can for the students who attend this campus.

"We know what they want, and they don't list those needs," Cunningham said.

As an independent candidate, Cunningham's main goal is for the university to focus on meeting the educational needs of the student.

"I'm under the impression that students don't want to be bothered and bogged down with red tape," Cunningham said.

Cunningham believes that students shouldn't have to deal with things other than being a student and graduating.

"They are here because they are the brightest in their field," Cunningham said, referring to SJSU students.

And Cunningham thinks that SJSU can do more for these same students.

"The university doesn't provide for them," Cunningham said. "I am the instrument of revenge."

Staff writer Jon Perez compiled this report.

## V.P. candidates:

By Jon Perez  
Staff Writer

Associated Student vice-presidential candidates Jeffrey Batuhan, Meghan Horrigan and Mark Templeton all have one common goal — the improvement of San Jose State University — but they have differing views on how to carry out the task.

As chairperson of the A.S. Board of Directors, the vice president's duties include being the liaison between the legislative and executive branches. Along with performing the duties of the president during his or her absence, the vice president is responsible for keeping a complete and permanent record of the A.S. bylaws and legislation passed by the A.S. Board of Directors. The vice president plans, coordinates and imple-

**Jeffrey Batuhan**  
Blue & Gold Party

**Meghan Horrigan**  
SJSU Party

**Mark Templeton**  
Diverse Student Affiliates

ments an internship program for the incoming Directors and Executive officers.

Batuhan, the current A.S. president, says that his experience

See V.P., page 8

## Controller candidates:

By Jon Perez  
Staff Writer

As a liaison between the Associated Students and campus clubs, the Controller has to be open to spend time to go over the processes in receiving money.

The three candidates for controller — Jeremy Rude, Lynn Vierra and Rakesh Patel — say they are willing to provide this service.

The Controller is the chief financial officer of the A.S. The controller administers the financial affairs. Along with being responsible for the execution of all fiscal legislation passed by the Board of Directors, the controller submits a report of the A.S. General Fund to the board on a weekly basis.

**Jeremy Rude**  
Blue & Gold Party

**Lynn Vierra**  
SJSU Party

**Rakesh Patel**  
Diverse Student Affiliates

He or she also publicizes financial reports to the general student body at least semi-annually.

See Controller, page 8

## Academic Senate candidates:

By Ed Oberweiser  
Senior Staff Writer

Campus safety, expanded cashier and library hours, lower book prices and a more user-friendly campus are among the top issues for the Academic Senate candidates.

The Academic Senate is the principal agency for formulating and recommending policy for San Jose State University, according to the Associated Students Handbook. Seven candidates are running for five open student seats on the Senate.

Incumbent Todd Brown said he wants to increase the lighting on campus. "Female students have told me they don't feel safe on campus at night," Brown said. He said he will work to increase the escort service and the lighting on campus.

**Todd Brown**  
Independent

**Terry Pries**  
SJSU Party

**Gagan Singh**  
DSA

**Robert Green**  
SJSU Party

**Michael Zamora**  
Independent

**Nektarios Matheou**  
SJSU Party

**Jason Barba**  
SJSU Party

See Senate, page 8

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## Voter's guide to parties

Looking to speed your way through the voting booth this year? Vote along party lines. There are two new parties, Diversified Student Affiliates and the Blue & Gold party. The "old-timer," SJSU Party, was formed last year. The presidential candidates recently expressed their visions for their parties in separate interviews.

### Blue & Gold Party

**Where they stand:** Student rights, advocacy, experience and diversity.

**Goals:** The passing of Measure "M" on this year's student ballot is of primary concern to the party. A long term goal is to implement a program to develop stronger relationships between employers and students.

"Why do you come to SJSU?" Constantin said. "You come to get a job."

**Last Word:** Constantin said experience is what he looks for in candidates and is what sets his party apart.

Presidential  
candidate  
Chris  
Constantin

### SJSU Party

**Where they stand:** Equal representation and voter confidence.

**Goals:** Developing the campus computer centers and improving campus safety. Some of the party's long-term goals are to develop strong student leaders, increase campus unity and encourage lobbying from the campus community.

Cook said not only are her party's goals attainable but they come directly from student input.

**Last Word:** Cook said goals reflecting the student body's wants and needs are what distinguish her party from the other two.

Presidential  
candidate  
Heather  
Cook

### Diversified Student Affiliates

**Where they stand:** Unity through diversity.

**Goals:** Addressing parking and safety as pressing student concerns and the problem of increasing enrollment and diminishing funds.

Madden said his party was concerned about the California Education and Technology Initiative. (CETI is a proposal that would allow a corporate investment group to provide the CSU system with a technology infrastructure.)

"CETI's biggest problem is that it's McDonald's education," Madden said.

**Last Word:** Madden said diversity is what he looks for in candidates and is what makes his party unique.

Presidential  
candidate  
Marc  
Madden

## Pair of measures make ballot

Three A.S. members think that students should be aware of the implications of the two measures that will appear on Wednesday and Thursday's election ballot before voting for them.

Both measures — "L" and "M" — could affect the way A.S. conducts business and the \$18 a semester students give them.

Measure "M" would guarantee that a "minimum of 10 percent of the A.S. Operating Budget would be dedicated to the A.S. Scholarship Endowment Fund" and "...a minimum of 10 percent... to Student Organization Activities in order to maintain their current funding," according to the Voter Information Guide.

"I think that it's great that we are ensuring 10 percent of our budget will go to student organizations," said Jeffrey Batuhan, who is the current A.S. president. "But people should know that by freezing another 10 percent for the Endowment Fund we are really stretching a budget that is already thin. Although I support the measure, I think it is important that students know the possible drawbacks." He also pointed out that while the \$18 will not likely change, the cost of running A.S. can increase.

The A.S. Endowment Fund is used to give "student leaders" scholarships and was established last year with an initial deposit of \$500,000. This year another \$122,000 was set aside for the fund. The interest earned on the account is used for scholarships. The Financial Aid Office estimates that about 34 scholarships will be given out, paying for about half of the student leaders' tuitions.

Student leaders are not just A.S. office holders, according to Executive Director of A.S. Alfonso De Alba.

"Student leaders can include anyone who is on a committee or heads another campus organization," said De Alba.

#### Measure "M"

A.S. Operating Budget:

- Ten percent would be dedicated to A.S. Scholarship Endowment Fund.
- Minimum of 10 percent would go to maintain Student Organization Activities.

#### Measure "L"

- Calls for new process to choose members of the Judicial Selection Committee.

Chris Constantin, who is running for president on the SJSU ticket, is a strong proponent of the measure.

"The 10 percent for student organizations can go up but never down," said Constantin, who also noted that any group registered with the Student Life Center is eligible. "The 10 percent for the Endowment Fund would not take from current programs. It is excess money. The fund could be up to \$1 million by next year if the measure passes," Constantin said that the excess money came from streamlining current programs, not cutting.

De Alba said that if the measures pass, everything A.S. currently does may not survive. Things such as the business office, officer stipends and legal counseling may have to be cut.

Heather Cook, who is running for A.S. president, thinks that if the measure passes, officer stipends would be

the first thing cut.

"I think it would be the noble thing to do," she said.

While no one has openly come out against Measure "M," Measure "L" has been debated.

Measure "L" would change the way the Judicial Selection Committee is chosen. The committee selects the judges who sit on the Judicial Review Board. The Judicial Review Board makes sure that the A.S. acts within its guidelines by hearing filed complaints.

The debate is over the ability of the Judicial Selection Committee to reach a quorum which is needed to select judges. For the past year they have not been able to reach a quorum, so no judges have sat on the Judicial Review Board, meaning that there has been judicial restraint on A.S. To reach a quorum, three of the five members have to be in attendance.

Last year, after controversial use of student funds to buy furniture and stereo equipment, the need for a judiciary became apparent, according to Cook.

Chris Constantin, who was an original sponsor but not a supporter, sees no reason to make the change.

"My original reading was that it was fine as written," Constantin said. "I still see no reason to change. If we do change it, I don't think that a quorum would be reached. If we just wait a year, I see no reason why a quorum would not be able to be reached."

Cook said she does not understand why Constantin would sponsor the bill if he didn't like it.

"He (Constantin) knows if this does not pass, the selection committee will not reach a quorum," said Cook, who plans to ultimately call for student elected judges. "If the current wording works, then why haven't we selected any judges for a year?"

## A.S. directors candidates:

For the first time in recent memory, most of the Associated Student offices will be contested.

This year, there are more candidates running for office than any time since 1992 when there were 55 candidates, according to Andrei Ingalla, A.S. elections coordinator.

The only offices that will go uncontested will be the Directors of California State Affairs, Intercultural Affairs and Sponsored Programs. Leo Davila, Hania Melhem, and Vivian Myla Lu have won those respective offices.

All office holders have general responsibilities. Such responsibilities include having an adequate knowledge of student affairs at SJSU, giving regular reports on their area of responsibility and holding five weekly office hours.

Along with general responsibilities, each office has specific duties.

#### The Director of Academic Affairs:

The main role of this office is to act as the liaison between the Academic Senate and Associated Students. Other responsibilities include submitting proposals, initiating change in academic policies and reporting changes in academic and administrative policies and procedures to the Board of Directors. Candidates: George Constantin (SJSU Party), Michael Pereira (Blue & Gold Party) and Jay Bannerjee (Diverse Student Affiliates).

#### Director of Business Affairs:

Serving on the A.S. Budget, Special Allocations and Finance committees are all part of this office. Directors are expected to work with budgeted groups of A.S. and make recommendations on budget revisions to the general fund. Candidates: Stefani Pearsall (B & G Party), Sunil Patel (DSA) and Jason Restivo (SJSU Party).

#### Director of Communications:

This office is responsible for advertising and publicizing A.S. meetings and activities to media, students and the Board of Directors. Serving on the A.S. public relations board and working with Director of Environmental Affairs on marketing for the SJSU Transportation Program are other responsibilities. Candidates: Shila Desai (DSA) and Jennifer Makin (B & G Party).

#### Director of Community Affairs:

Liaison to the residence halls, Greek associations, the Campus Community Association and the San Jose City Council are among this director's responsibilities. They try to create a safe and clean environment for SJSU students. Candidates: Joanne Elek (B & G Party), Nina Bailey (DSA) and Brian Cortese (SJSU Party).

#### Director of Environmental Affairs:

Assessing the environmental impact of projects at SJSU, writing four reports per year on the Environmental Resource Center and dealing with other environmental concerns on campus are the responsibilities of this office. Candidates: Gayl Leones (SJSU Party) and Dennis English (Independent).

#### Director of Ethnic Affairs:

Working with student minority groups, pursuing complaints of harassment and heading the A.S. Multi-Ethnic and Cultural Committee are the main duties of this office. Candidates: Raymond Lim (SJSU Party) and Navjeet Singh Maddh (DSA).

#### Director of Non-Traditional Minority Affairs:

This director works with the needs of students who are disabled, homosexual, night, re-entry, veterans and female. Candidates: Elizabeth Green (SJSU Party) and Eddy Howard (B & G Party).

#### Director of Student Rights and Responsibilities:

This director's goal is to make students aware of their rights and responsibilities. Directors also work with the Ombudsman's office (deals with grade changes) and serve on the Student Grievance Committee. Candidates: Nguyen Ha (Ind.), Chad McGowan (B & G Party) and Patrick Vialto (SJSU Party).

#### Director of Student Services:

This director works with the Student Union Board of Directors and A.S. Campus Recreation Program to make sure service needs of students are adequately addressed. Candidates: Natalie Reyes (SJSU Party), Pedram Sam Hajarian (DSA) and Christopher Paszkowski (B & G Party).

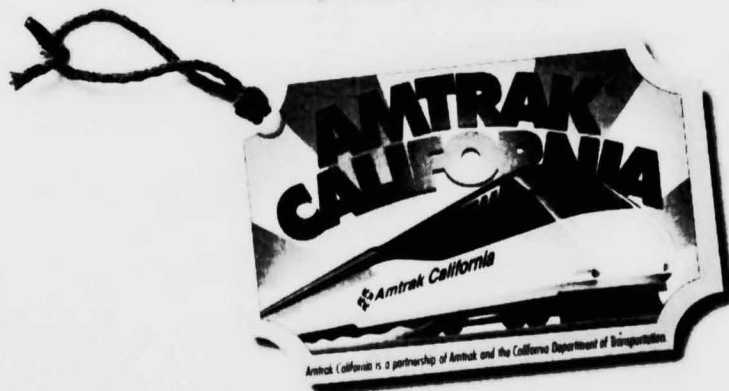
Staff writer Jeremiah Oshan compiled this report.

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# Spartans smoke Santa Clara to take title

## SJSU wins three, consolation prize

By Peggy Flynn  
Staff Writer

Spartan softball with an attitude.

That, according to Spartan coach Connie Miner, combined with a relaxed demeanor won San Jose State University women's softball the three-day National Invitational Tournament consolation championship this weekend.

"After reaching bottom with our frustration level (losing to Arizona State University and Drake), we came back out with a higher confidence level and the attitude that we were the team to beat," Miner said. "We trusted each other — it was a great team effort."

A lengthy rain delay pushed back the start of the SJSU/ASU game. The Spartans eventually fell to Arizona State 9-1.

The Sun Devils, ranked No. 8 in the nation, scored four runs off of four hits in their half of the second. Spartan pitcher Niki Zenger allowed 11 hits and two walks.

The Spartans fell into the same funk in their first game on Saturday against Drake University, losing 4-2. Spartan pinch hitter Nikki Dequin and designated hitter Anita Connor scored the lone Spartan runs.

The Spartans came back with renewed strength to capture the next three games against Centenary, Akron and Santa Clara.

Centenary pitcher Catherine McCarthy gave up 11 hits and eight runs. Spartan first baseman Kara Kanney hit her eleventh home run of the year, breaking the school record for career home runs formerly held by Assistant Coach Noleana Woodard.

Freshman pitcher Tina Hackett allowed only three runs on seven hits. SJSU won 12-3.

In consolation bracket play Saturday, the Spartans nipped the Akron Zips 1-0 and tamed the Santa Clara Broncos 3-1.

Sunday's consolation championship game against Santa Clara proved to be the Spartan's icing on the cake.

The Spartans scored all six of their runs, on five hits, in the second inning.

Spartan shortstop Jennifer Ellinger singled to start things off. She advanced to third and scored on Alicia Johnson's fielder's choice. Michelle Morga followed with a single which allowed Spartan catcher Sarah Coughlin, who reached on an error, and Johnson to move up a base.

Spartan freshman Devyn Whiteanack drove in Coughlin on another fielder's choice. Spartan designated hitter Nikki Dequin then hit a sacrifice fly scoring Johnson.

Spartan junior Maya Garcia then singled scoring Morga. Third baseman Lindsay Lewis, who started the inning off with a single but was thrown out on base, came up and added an exclamation mark with a two RBI single.

It was all the Spartans would need.

Spartan pitcher Niki Zenger shut the Broncos down, striking out six and allowing only five hits.



Don Frohlich / Spartan Daily

Sun Devil's catcher Andrea Rodgers protects home plate as San Jose State University's Maya Garcia slides in. The umpire called her out on a questionable call during the top of the second inning at the 12th Annual National Invitational

Softball Tournament. After losing to the Sun Devils 9-1, the Spartans went on to win the consolation bracket championship. They defeated Akron and Santa Clara twice to claim the title.

According to Zenger, a pitcher is only as good as the defense.

"We really came together," Zenger said. "Confidence comes with a good defense."

Spartan Devyn Whiteanack and Bronco Shawnterra Moore, whose RBIs gave Santa Clara their only two runs, were each named to the All-Tournament Team.

According to Bronco coach Vicky Rios, Moore "always makes something happen."

"Even though we did the same thing today (as last night), we didn't give up," Rios said. "A walk combined with an error combined with a base hit all led up to our loss. We also didn't have good pitch selection."

San Jose State is now 10-10 overall and 3-5 in the WAC. The next game is at home against Texas Tech on Wednesday at 1 p.m.

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American Heart  
Association  
*Fighting Heart Disease  
and Stroke*

**CPR**  
can keep your love alive



Don Frohlich / Spartan Daily

San Jose State University's Shortstop Jennifer Ellinger protects second base as Drake University's Jessica Jobes slides in. SJSU won the consolation championship at the 1998 National Invitational Softball Tournament held at Twin Creeks Sports Complex in Sunnyvale. SJSU beat Santa Clara University in the final game 6-2.

### STUDENT ELECTIONS ARE JUST AROUND

Be prepared to Vote - Check your mailbox for the Voter Information Guide and don't forget to

**VOTE! VOTE! VOTE!**

**Wednesday, March 18th**

**Thursday, March 19th**

**POLLING LOCATIONS:**

**Clark Library 9am-8pm**

**Student Union 9am-8pm**

**MacQuarrie Hall 9am-2pm**

This event is wheelchair accessible. If you need a sign language interpreter, special accommodations, or more information please call (408) 924-2033.

THE CORNER..MARCH 18-19, 1998

IN MANY COMPANIES  
IT TAKES YEARS TO PROVE YOU'RE  
MANAGEMENT MATERIAL...

WE'LL GIVE YOU 10 WEEKS.

Ten weeks may not seem like much time to prove you're capable of being a leader. But if you're tough, smart and determined, ten weeks and a lot of hard work could make you an Officer of Marines. And Officer Candidates School (OCS) is where you'll get the chance to prove you've got what it takes to lead a life full of excitement, full of challenge, full of honor. Anyone can say they've got what it takes to be a leader, we'll give you ten weeks to prove it.

For more information, contact Captain David B. Sosa at (408) 971-3791 or email dsosa@aol.com

**Marines**  
*The Few. The Proud. The Marines.*

MARINE OFFICER



## Spartoon



MIXED MEDIA Jack Ohman

REALITY CHECK  
Dave Whamond

PHN: 408-924-3277

## CLASSIFIED

FAX: 408-924-3282

**The SPARTAN DAILY** makes no claim for products or services advertised below nor is there any guarantee implied. The classified columns of the **Spartan Daily** consist of paid advertising and offerings are not approved or verified by the newspaper.

## EMPLOYMENT

**LAW OFFICE - NEEDS COURIER.** We supply gas & car. Must have valid driver's license. Part-time \$7.00 per hour. Call 244-4200.

**RETAIL - MALM LUGGAGE** in Valley Fair Mall now hiring. Asst. manager and P/T sales. Flexible hours. Great atmosphere. Call Cindy @ 244-7370 or stop by!

**YEAR ROUND INFANT/TODDLER & Preschool Programs** looking for creative, energetic teachers and substitutes. Available FT & PT am & pm hour positions. Excellent benefits. Come join our team, Los Gatos JCC, Holly (408) 358-3636 x 39. EOE.

**PART-TIME WORKER** wanted for a tableware store inside of Yachon Plaza (Saratoga & Moorpark). Japanese speaker preferred. Call 408-253-8185 for details.

**INSURANCE COMPANY** needs help with filing, copying and mailing. Flex hours @ \$9/hour. Please contact Kelly Ratta @ 408/453-2130.

**CLERICAL - Personal Asst** needed by computer magazine author. P/T Will train in MS Office, Quikbooks, etc. Res. transcripts, & try requirements to RTI, 5201 Great America Pkwy, Suite 320, Santa Clara 95054.

**WORK STUDY JOBS!!!!** Alliance for Community Care is a leading non-profit provider of mental health services in the Santa Clara Valley. We have immediate openings in the following areas:

- Mental Health Aide
- Office Asst.
- Computer Aide

**San Jose, Morgan Hill & Palo Alto Locations!**

**\*\*Must have prior approval for Federal Work Study through the Financial Aid Office\*\***

Call Nikki @ (408) 254-6828x201 EOE

**SECRETARY P/T 1:30-5:30 M-F** in downtown SJ. WP 5.1. DOS exp. helpful. Fax resume to J. Lolis at 286-7342.

**SWIM INSTRUCTOR/LIFEGUARD** City of San Jose, Office of Therapeutic Services. Eve & Sat. First Aide, CPR & Lifeguard training required. WSI preferred. Call Heidi Andersen 267-0200.

**VETERINARY ASSISTANT**, reliable person needed 25-32 hrs/week, some exp. helpful. 374-6114 or fax 374-6295.

**SHIPPING/REC - PT.** Fast paced Pimbg distr. Nr SJSU. Flex hrs. Exp. a +. Call Lisa 408-275-1784.

**STUDENT INTERN to the President** Recruiting student leaders to work 10 hours per week for the Office of Student Interns to the President. Work as a liaison for SJSU President Robert Caret attending student organization meetings, setting up student meetings with the President, and forwarding student concerns to the President. Excellent verbal and written communications skills needed, computer literacy highly desirable. Flexible hours, \$8.00 per hour. Deadline for Applications: April 6, 1998 by 4:00pm in the President's Office, Tower Hall 206. Questions or for more information, call 924-2981.

**PROGRAMMER - WinNT DD** developer needed by MIT author and 15 yr veteran programmer. Will train. Req: C/C++, Win32, Windows kernel familiarity. Res. transcripts, & salary requirements to RTI, 5201 Great America Pkwy, Suite 320, Santa Clara 95054.

**MOVEMENT EDUCATION Instructors** for ages 6 mo 5 yrs. Classes are with & without parents. Skills needed to lead group include songs, games, some basic tumbling & gymnastics. Variety of times & days available. Call Pat at 408-701-1877x16 Southwest YMCA.

**INTERNATIONAL EMPLOYMENT** - Want to teach basic conversational English in Japan, Taiwan & S. Korea? Excellent earnings + benefits potential. Ask us how! (517) 324-3123 ext. J60411.

**NATIONAL PARK EMPLOYMENT** Work in the Great Outdoors. Forestry, Wildlife Preserves, Concessionaires, Firefighters & more. Competitive wages + benefits. Ask us how! 517-324-3110 ext. N60411.

**TELEMARKETING POSITIONS** available. Easy hours. Good money. Ask for Mike. 261-1323.

**CRUISE & LAND TOUR JOBS** Earn to \$2,000/month. Free world travel (Europe, Caribbean, etc.). Get the #1 source! Ring: (919) 933-1939 ext. C238.

**\$1500 weekly potential** mailing our circulars. Free information. Call 410 783 8272.

**POSTAL EXAM INFO** Call 1-800-626-6618x9390, 8am - 9pm 7 days.

**DRIVERS NEEDED** for new Domino's Pizza store! Make extra cash! Earn up to \$9-\$14/hr. Need car. Insurance, DL, Good DMV. Call Rick after 4pm. 408-448-3722. Domino's - 1659 Branham Lane.

**ASSISTANT: 5-20 HOURS/WEEK** Database entry/maintenance Word Perfect and ACT. 880 and The Alameda. Call 1-888-908-7456 x 9200.

**PT CUSTOMER SERVICE** 1.5pm. M-F. Answer phones, lt. clerical. Nr SJSU. Call Lisa 408-275-1784.

**OVUM DONORS NEEDED** Women ages 21-29, healthy, responsible, all nationalities. Give the gift of life! \$3,000 stipend & expenses paid. Bonus for Chinese & Japanese donors. **PLEASE CALL WWC 800-314-9996**

**RECEPTIONIST NEEDED PT/FT** Avail now. Room for growth in Commercial Printing industry. Call Marc @ 1-650-964-2700.

**SWIM INSTRUCTORS/LIFEGUARDS** Los Gatos Swim and Racquet Club. Must have CPR, First Aide, and Lifeguard training certificate. WSI preferred for instructors. Need experienced Children's Swim Team Asst. Coach. Apply in person, 14700 Oka Road, Los Gatos, CA. (408) 356-2136.

**DRIVING INSTRUCTOR PT/FT** Will Train. Must have clean DMV. Flexible hours. Call 363-4182. Immediate Openings Start Today!

**INTERNET SOLUTIONS COMPANY** Seeks HTML & Java Programmers. No experience nec. but knowledge of HTML and indepth knowledge of C a plus. Flex schedule. 10-20 hrs/week. Rates: \$12+ but neg. based on skill & exp. Resumes to all@mservice.com or fax to 650-328-4350. Prefer CS major/minor.

**ASSEMBLE & TEST** hydraulic product line. Knowledge of small handtools & light machining a plus. Other duties include light office work, shipping & receiving. Team player mentality a must. Campbell, CA. Fax resume to: 408/370-5743.

**DAYCARE TEACHERS.** K-8 school seeks responsible individuals for extended daycare. P/T in the afternoon. No ECE units are required. Previous experience with children preferred. Please contact Cathy at 244-1968 x16.

**HELP NEEDED TO CARE FOR SPECIAL NEEDS YOUNG ADULT.** Salary negotiable. Live in or out. Requirements: Applicants must have patience and a good heart. Must be able to watch her in the afternoon after school, 3 or 4 days per week until father gets home. Also on weekends when father is working. PREFER FEMALE APPLICANTS!! For more info or an interview, please call Allan at 408-810-8900 or 408-923-6900.

**\* ATTENTION \*** Education and Science Majors **SCIENCE ADVENTURES** is looking for enthusiastic instructors for our afterschool Science Clubs & Summer Camps. K-6th Grade. Will Train. \$15/hr. To Apply, Please Call 1-800-213-9796.

**TEACHERS/AIDES/LEADERS** Elem. school-age rec. program. Flexible hours, \$8.00 per hour. Deadline for Applications: April 6, 1998 by 4:00pm in the President's Office, Tower Hall 206. Questions or for more information, call 924-2981.

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**\$1500 weekly potential** mailing our circulars. Free information. Call 410 783 8272.

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**TUTOR smt groups K-8 superkids PM** be part of dynamic int'l team. Summer foreign travel! 929-5617. e-mail: Ms.Kuo@MailExcite.com 10 minutes from campus.

**TEACHERS** high quality, licensed drop-in childcare centers for 2-12 year olds.

- Flex PT/FT positions
- Days, Eve, Weekends
- Min 6 ECE required
- Team environment
- Benefits available

Call Corp Office 260-7929.

**VALET PARKING** - Local company looking for people. Flexible schedule. PT/FT. Earn \$8.00 to \$15 per hour. 867-7275.

**TEACHERS AND AIDES wanted.** Small World Schools has Part-Time and Full-Time, a.m. and p.m., permanent and summer positions available. Units in CD, ECE, Psych, Soc. or Rec required. If you are interested in working with a high quality child care company call 408-379-3200 x 21.

**TEACHER - INSTRUCTOR** • P/T. Elementary Schools. Degree or Credential NOT Required. Opportunity for Teaching Experience. Need Car. Voice Mail: (408) 287-4170 ext. 408 EOE/AEE

**DRIVING INSTRUCTORS** Teach one on one in company car. Good driving & teaching skill. HS Grad. Clean DMV. No Criminal Record. No exp. nec. Training provided. Custom hours pt/ft. Good pay. 999 W. San Carlos St. 971-7557. www.deluxedriving.com

**OPPORTUNITY TO EARN \$4725** Education Award through AmeriCorps at the San Jose Conservatory. Seeking self-motivated individuals to work with "at risk" youth for yearlong positions. High School diploma required & ability to get class B license. \$6.25 hourly plus benefits. Full/Part-time. Call Joe 408/283-7164. EOE.

**CRUISE SHIP & LAND-TOUR JOBS** Excellent benefits. World Travel. Ask us how! 517-324-3090 ext. C60411.

**TELEMARKETING PT/FT.** We sell discount subscriptions to Bay Area newspapers. Auto dialers. Flexible hrs. 9am-9pm. Downtown near light rail - 4 blocks from SJSU. Hourly \$3 plus bonus. Media Promotions 494-0200.

**\$ EARN EXTRA CASH** up to \$600/month! Become a Spem Donor. Healthy hrs. 19-40 years old. Univ. Students/Grads/Faculty Contact California Cryobank 1-650-324-1900. M-F, 8-4:30.

**DIRECTORS, TEACHERS & AIDES** Thinking about a career working with elementary age children? The YMCA of Santa Clara Valley is now hiring for school-age child care centers in San Jose, Cupertino, Santa Clara, Los Gatos & Milpitas. Full & part-time positions available, hours flexible around school. Fun staff teams, great experience in working with elementary age children, career advancement and good training opportunities. Teachers require minimum 6 units in ECE, Recreation, Psychology, Sociology and/or Physical Education. Please call Beth Profio at 408-291-8894 for more information and locations.

**SECURITY - ACUFACTS, INC.** NO EXPERIENCE NECESSARY Great for Students. F/T or P/T. All shifts. We pay O/T after 8 hours! Top Pay with Many Benefits! Call 408-286-5880 or apply in person. 7am to 7pm 7 days a week 555 D Meridian Ave. SJ.

**ACTION DAY NURSERY/PRIMARY PLUS** seeking F/T & P/T Teachers and Aides. Substitute positions are also available that offer flexible hours. ECE units preferred but not required. Please contact Cathy at 244-1968 x16.

**BICYCLE MESSENGER** Part-time, Flexible Hours. \$50 Hiring Bonus! Great for Students! Serving Downtown San Jose. Inner City Express. 22 W. Saint John St. San Jose.

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**\*\*IMMEDIATE OPENINGS\*\***

- Receptionist, Office Clerk
- Sales, Customer Support
- Technician, Testing Optr.
- Warehouse Clerk

Call 408/942-8866 or fax to 408/942-8260 Electronix Staffing Services, EOE 1778 Clear Lake Ave. Milpitas Hwy 680 ext Landess Ave. turn left at Clear Lake Ave.

**GRAPHIC ARTIST** - Position available 18-20 hours per week. Must be enrolled in the SJSU School of Art. Contact the Student Union Directors office, 924-6310.

**STUDENT &/or PRO THERAPISTS** for Autistic girl. \$12+/hour, more for experience. Paid training. Part-time afternoons & weekends. Please call 408/946-8211.

**SECURITY** Full and Part Time Positions Graves, Swings and Weekends Low key job sites Will train Abcom Private Security 408-247-4827

**BARTENDER TRAINEES NEEDED** Earn to \$25.00/hr salary + tips. Students needed in the immediate area. Full-time/part-time openings. Call today 1-650-968-9933. International Bartenders School.

## EVENTS

**• EXPLORING YOUR FAITH IN GOD? •**

- Have questions?
- Curious?
- Need a study break?
- Make friends, have fun!

**• DINNER & DISCUSSION •** Every Wednesday, 5:30-7:00pm Student Union, Pacheco Room (Except 3/11, 4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17, 6/24, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 8/31, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/6, 12/13, 12/20, 12/27, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/6, 12/13, 12/20, 12/27, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/6, 12/13, 12/20, 12/27, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/6, 12/13, 12/20, 12/27, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/6, 12/13, 12/20, 12/27, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/6, 12/13, 12/20, 12/27, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/6, 12/13, 12/20, 12/27, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/6, 12/13, 12/20, 12/27, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 9/30, 10/7, 10/14, 10/21, 10/



## Body fat: Seeing not always believing

Fat. We cook with it, count it, crave it and cringe when we think we've eaten too much of it. But what about the fat we can't consume? What about body fat?

One of the biggest fallacies is that thin means healthy and fit. I often hear comments like: "She's so skinny, she doesn't need to work out" and "He's so thin and can eat anything he wants to."

Fat chance!

Body fat can't be determined by sight, it must be measured.

Participants new to exercise usually have one common goal: to get rid of excess body fat. This is the fat they can pinch through their skin — along hips, stomach and thighs, etc. But how much is too much? Can a person who is 5 feet 8 inches and 110 pounds have more body fat than a person who weighs the same and is 5 feet 3 inches? You bet!

Let's get the skinny on fat.

**How do I know how much body fat I have?**

First know the difference between overweight and overfat. Overweight means that your weight is over the average amount given for your height, using height-weight charts. Overfat is the excess amount of fat in your body. An overweight person, usually 10 percent over ideal body weight, can be above his or her weight because he or she lifts weights and have more muscle than the average person. An overfat person, usually 20 percent or more over ideal body weight, is carrying enough excess body fat to put him or her at risk for certain health conditions.

The scale is not a good indicator of fat weight. The scale may indicate that you are overweight, but not overfat.

Having your body composition — fat weight vs. lean body weight (muscles, bone, fluids, etc.) — tested allows you to decide what fitness program is right for you.

Skinfold tests, hydrostatic weighing and bioelectrical impedance are some tools that health professionals in health clubs, hospitals and universities use to determine body fat percentages. All are painless. Yet the more technologically advanced the equipment, the more costly and the more accurate the test is. (SJSU has a bioimpedance lab. Call 924-3110 for more info.)

**Can I assess the amount of body fat I have on height-weight charts?**

Again, your weight is not the sole indicator of body fat.

The body mass index (BMI) is a more accurate alternative to traditional height-weight charts. You can use this as an indicator and follow it up with a more accurate test.

Use the formula below to determine your BMI.

1) Convert your weight into kilograms by dividing your weight in pounds by 2.2.

2) Convert your height into meters (66 inches x 2.54 cm =



167.6cm/100 = 1.676 meters).

3) Square your height (1.676 x 1.676).

4) Divide your weight in kilograms by your height in meters squared.

The accepted range (for both men and women): 20-25 kg/m<sup>2</sup>; overfat is 25-29.9 kg/m<sup>2</sup>; severely overfat is 30-40 kg/m<sup>2</sup>; obese is > 40 kg/m<sup>2</sup>.

**Once I know my percentage of body fat, how do I know how much is too much?**

Many health and fitness associations such as the American Council on Exercise (ACE) and the American College of Sports Medicine (ACSM) have issued charts of body fat norms. Compare your percentages with the norms (an ACE chart is provided for you).

If you fall between "lean" and "healthy," you're doing great and keep up the good work. If you find yourself in the "slightly" range, don't despair. Try adding an extra exercise session and cut down on your intake of saturated fat.

If your percentages are above 26 percent (a little less for a man), you are at risk for coronary heart disease, diabetes (type II) and colon cancer. Your doctor and a nutritionist can suggest a safe and effective weight-loss program.

Once you have determined your body composition, decide if the ratio is right for you. If you decide that you want to reduce your fat percentage, remember that diet with exercise is the best way to go. Combine a balanced, nutritious diet (limit your fat intake to 30% of total calories consumed) with daily exercise (at least 30 minutes a day) and you are on your way!

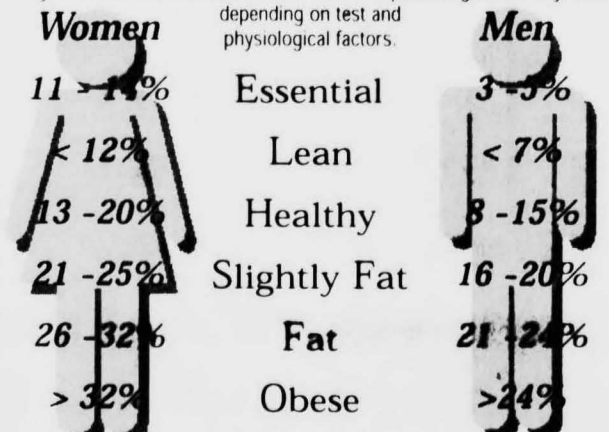
Next week: What's all the clamor over the "Zone Diet?" Read it here!

\*Note — always check with your doctor before starting an exercise program, especially if you have pre-existing medical conditions.

Peggy Flynn is a member of Aerobics and Fitness Association of America and has been an aerobics instructor for over seven years. Her "Fit to Be Tied" column will run every Monday. If you have any questions or comments please contact her at the Spartan Daily at 924-3280, Dwight Bentel Hall 209 or by e-mail at [SDAL-LY@jmc.sjsu.edu](mailto:SDAL-LY@jmc.sjsu.edu)

## Body Fat Percentage

Body fat norms for adult men and women. Fat percentages can vary 3-5% depending on test and physiological factors.



Source: American Council on Exercise

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## Panel: Violence and children

Continued from page 1

"Many women, when they've been victimized, are holding onto the hope that their children don't know."

Johnston said the idea that children aren't affected by domestic violence because they don't see it is a myth because, in homes where domestic violence occurs, 40 to 80 percent of the children are present. "There is a string of both immediate and long-term consequences for children of domestic violence."

According to Johnston, domestic violence offenders face no additional charges if the crime is witnessed by a child, yet of those children 30 percent are likely to become violent adults and the other 70 percent are at

least likely to experience depression, anger and a decreased capacity for pleasure.

Francella Stevens, an SJSU senior, attended the discussion and said she came to learn more about domestic violence laws.

"There are a lot of ways we can go in criminal law," Pierre-Dixon said about determining felonies from misdemeanors. Santa Clara County has an 85 percent conviction rate of batterers, she said.

"It's important that they're doing something to stop domestic violence ... and that they're spreading out and sharing information about the violence and including the effects on the children in the process," Stevens said.

## Controller: Budget experience

Continued from page 1

Twenty-one-year-old biology major Rakesh Patel knows the challenge of getting funds.

"What I would like to do is meet with the executive councils of clubs ... to show them how to impress the A.S.," Patel said.

Patel feels that his record of getting the India Student Association out of debt, while carrying 15 units, speaks for itself in terms of experience. "It has taught me the value of time management," Patel said.

According to Rude, the experience gained by being Alpha Tau Omega's rush chair and president, while volunteering time for community service, has helped him prepare for his bid. "I'm a workaholic," Rude said. "I like challenging myself."

The 22-year-old feels that the understanding of A.S. policies and procedures to all campus organizations is one of the steps to using the A.S. effectively.

"I see myself as being a leader and more of the active type of one," Rude said.

Twenty-one-year-old administration of justice major Lynn Vierra knows her strong point. "I'm very detailed," Vierra said. "I try to balance out what the A.S. needs and what the organizations need, and to compromise between them."

She said she has learned these needs by being the Kappa Delta president and the Director of Student's rights and responsibilities. She said the controller needs to have a familiarity with the A.S. budget process, by-laws and dealing with finances.

## V.P.: Platform issues include CETI, joint library

Continued from page 1

best qualifies him for the job.

"I'm running for vice president because I would be a great resource for the president," Batuhan said.

As a member of the Blue and Gold Party, Batuhan is an advocate of their goals, but he also has issues of his own such as addressing parking, a Student Union recreation center and a 24-hour computer lab for students.

"We need to build our athletics. That is how you get known as a university," Batuhan said.

Batuhan is against the controversial issues of the joint library and the California Education Technology Initiative at its current status, because he

hasn't seen the necessary student input, he said.

"I don't think our job as student leaders is to be against something unless it is not student friendly," Batuhan said, while speaking on his openness to the joint library and CETI if student's input is accounted for.

The joint library is a plan that would combine San Jose's Martin Luther King Jr. Main Library with SJSU's Wahlquist and Clark libraries. CETI is a \$2.8 billion project funded by Microsoft, GTE, Fujitsu and Hughes that would link the 24 CSU campuses together in a single network.

It is these controversial issues that Diverse Student Affiliate

Mark Templeton is against.

"I am not in support of the Joint Library," Templeton said. "Students should not have to compete with the rest of the city."

"Students should not suffer so the University President and Mayor of the city can say, 'I have the best Library.'"

He sees CETI as a hamper on diversity, which is in opposition to his party's goals. Those include student funding and campus safety.

"You strip the instructor's creativity by having one lecture broadcasted over 20 classes across the CSU system," he said.

As a third generation SJSU graduate, the 24-year-old Templeton is the Chairperson

for the Student Health Advisory Committee and co-founder of the Association of Student Clubs and Organizations.

As the current A.S. Director of California State Affairs, SJSU Party candidate Meghan Horrigan wants to address the problems in the advising system, according to the voter guide. She feels students are told they need to take different classes each time they see a counselor. Horrigan couldn't be reached for comment.

Her party goals include eliminating special fees, lowering books and food prices around campus and extending hours of student services such as admissions, cashiering and counseling.

**TO: ALL SJSU STUDENTS**

**VOTE FOR RESPONSIBLE AND HONEST SJSU STUDENT GOVERNMENT  
ON WEDNESDAY AND THURSDAY, MARCH 18 AND 19, 1998**

# DEFEAT DEFEAT DEFEAT

**NO MARC MADDEN, CANDIDATE FOR PRESIDENT**

**NO MARK TEMPLETON, CANDIDATE FOR VICE-PRESIDENT  
AND**

**NO THE DIVERSE STUDENT ALLIANCE PARTY**

**DON'T ALLOW:**

1. The word "DIVERSE" to be used to MANIPULATE SJSU students. Check the record, and you will see that the party and its ideas are not diverse.
2. An EL NINO ATTACK on SJSU A.S. Student Government.
3. PERSONAL INTEREST to continue to be the primary purpose of A.S. Government.
4. TRICKERY to continue to plague A.S. Government.
5. DISRESPECT to continue to plague A.S. Government.
6. DISASTER to engulf the A.S. Council Chambers.
7. DESRUCTION of other student parties' posters to force you to vote for the D.S.A. party.

A vote to defeat the Diverse Student Alliance party is a vote for civility, accountability, responsibility, humaneness, support for diversity, professionalism and honesty. Please inquire among others, and you will learn that your vote will be in the best interest of all SJSU students. **Vote for anyone except the Diverse Student Alliance party!** Remember, A.S. is your voice. You have paid for it.

SJSU students don't want, need, or deserve the hidden agenda of the Diverse Student Alliance party. Vote for anyone except this party. A defeat of the Diverse Student Alliance party will help curtail conspiracies and corruption in A.S. Government. Encourage other SJSU students to vote for anyone to help defeat the Diverse Student Alliance party; better known to some students as the "DISASTER for STUDENTS ALLIANCE PARTY."

Paid for by the Student Coalition for Responsible and Honest  
San Jose State University Associated Student Government